

## Should you call the Quitline?

- Ready to quit?
   We will help you make a
- not quite ready to quit?

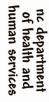
  We can help you get started.
- We'll help you learn from your experience and make a new quit plan.

Tried, but couldn't quit?

Have you already quit?
 We can help you stay tobacco-free.

## Why call the **Quitline?**







Convenient hours, 8am - 3am7 days a week.

 Someone dies from tobacco use every 8 seconds.

- Toll-free number1-800-QUIT-NOW or1-800-784-8669
- For all North Carolinian adults and youth.
- Coaches can call you back upon request.
- Free and confidential.

- Quitting can save more than \$1,500 each
  year if you smoke a pack a day.
- Talking with a quit coach can double the chance of quitting

 Every cigarette smoked cuts more than 5 minutes off your life.

- Is it your time to quit?

## 1-800-QUIT-NOW

1-800-784-8669

## Medicaid client?

Medicaid covers all quitting medicine with a prescription and a co-pay

